

Simple Stewed Stone Fruit

A simple dessert made for a homegrown peach glut

DIFFICULTY Easy

COURSE Dessert

CUISINE Australian



PREP
10 min



COOK
15 min



TOTAL
25 min



SERVES
6



FREEZES WELL
Yes

01 Ingredients

- 1000g peaches (or other stone fruit), halved, stoned, and sliced
- 60g caster sugar
- 1 cinnamon stick
- 1 tsp vanilla extract
- 2 tbsp water
- 1 tbsp lemon juice

02 Method

1. Combine peaches, sugar, cinnamon stick, vanilla, and water in a saucepan.
2. Bring to a gentle simmer over medium-low heat, stirring occasionally.
3. Cook for 10-15 minutes until the fruit has softened but still holds its shape.
4. Stir through lemon juice and remove from heat.
5. Remove the cinnamon stick before serving. Serve warm or chilled.

04 Common mistakes

- **Simmering too hard** — a rolling boil breaks the fruit down into mush; keep it to a gentle simmer.
- **Overcooking** — the fruit should still hold its shape, not dissolve completely; check it from the 10 minute mark.
- **Forgetting the cinnamon stick** — leaving it in when serving is easy to miss; remove it before plating up.

03 Notes & substitutions

- Plums, apricots, or nectarines all work well in place of peaches.
- Swap cinnamon for a split vanilla pod or a strip of orange zest.
- Reduce the sugar if the fruit is already very ripe and sweet.
- Vegetarian and vegan as written.

05 Storage & leftovers

FRIDGE	Airtight container, up to 5 days.
FREEZER	Freezes well for up to 6 months.
SERVING	Good warm or chilled - versatile either way.